



Effective Health Care

Weight Loss Interventions for Persons with Intellectual Disabilities Nomination Summary Document

Results of Topic Selection Process & Next Steps

- The topic, *Weight Loss Interventions for Persons with Intellectual Disabilities*, is not feasible for a full systematic review due to the limited data available for a review at this time.
- *Weight Loss Interventions for Persons with Intellectual Disabilities* could potentially be considered for new research in comparative effectiveness.

Topic Description

Nominator(s): Individual

Nomination Summary: The nominator was interested in weight loss interventions in the intellectually disabled population. Intellectual disability (ID) typically originates during childhood and has multiple potential etiologies, including genetic defects and perinatal insults. Intelligence quotient (IQ) scores are commonly used to determine whether an individual has an intellectual disability. IQ scores between 70 and 79 are in the borderline range. Individuals with ID typically had scores below 67.

Staff-Generated PICO

Population(s): Persons with intellectual disabilities

Intervention(s): Non-pharmacological, pharmacological and surgical weight loss interventions

Comparator(s): Across therapy and within therapy comparisons as well as placebos and baseline measurements (historical controls or comparators).

Outcome(s): Weight change, body mass index scores, waist circumference, medication or intervention adherence.

Key Questions from Nominator:

1. What are the comparative safety and effectiveness of strategies to treat and manage post-traumatic osteoarthritis?
2. In particular, for patients with post-traumatic osteoarthritis, what is the best way to stop the cycle of cartilage degradation, inflammatory response, and further cartilage damage?

Considerations

- The topic meets Effective Health Care (EHC) Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)

- Obesity is a significant health problem for people with intellectual disability (ID). Obesity rates are 59% higher compared with those in the general population
- A vast majority of the existing literature focuses on the weight management of patients diagnosed with Prader Willi Syndrome (PWS); however the PWS literature may not be generalizable to all persons with intellectual disabilities. Reviews identified in the literature specific to obesity interventions for the general ID population also note the lack of research in this area.
- Although not directly relevant to this topic, the following AHRQ systematic reviews may provide some useful information. The first focuses on the prevention of weight gain in adults and includes a subgroup analysis of adults with mental illness, who may be on atypical antipsychotics and are at an increased risk for gaining weight. The other examines weight management programs in children and adolescents.
 - Hutfless S, Maruthur NM, Wilson RF, Gudzone KA, et al. *Strategies to Prevent Weight Gain Among Adults*. Comparative Effectiveness Reviews, No. 97. Rockville (MD): Agency for Healthcare Research and Quality, March 2013. Available at: <http://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=1441>
 - Whitlock EP, O'Connor EA, Williams SB, Beil TL, et al. *Effectiveness of Weight Management Programs in Children and Adolescents*. Evidence Reports/Technology Assessments, No. 170. Rockville (MD): Agency for Healthcare Research and Quality, September 2008. Available at: <http://www.ahrq.gov/research/findings/evidence-based-reports/chwghhttp.html>